

What are you doing for

Silver Sunday?

October 2015



To celebrate older people in our communities and the benefits of being active, this Silver Sunday find opportunities to move more and stay active across North Hertfordshire.

Supported by NHDC's Active Communities Team and delivered by local organisations.



What's on	Where	Time	Description	How to book	What's on	Where	Time	Description	How to book
Sunday 4th October					Monday 5th October				
Body Balance	Knights Templar Sports Centre, Weston Way, Baldock	8.30am-9.15am	Yoga based class that will improve mind and body.	01462 631300	North Herts Health Walks	Three Magnets PH, Leys Avenue, Letchworth	10.30am (FREE)	Walk in groups, meet new people, strengthen your heart, muscles and bones. All ages and abilities. 90 minute walk.	Arrive ten minutes early to complete registration form.
Body Balance	North Herts Leisure Centre, Baldock Road, Letchworth	12.15pm-1.15pm	Yoga based class that will improve mind and body.	01462 679311					
Monday 5th October					North Herts Health Walks	Orange Tree PH, Stevenage Road, Hitchin	10.30am (FREE)	Walk in groups, meet new people, strengthen your heart, muscles and bones. All ages and abilities and wheelchair friendly. 20-30 or 45 minute walk.	Arrive ten minutes early to complete registration form.
Short mat bowls	Coombes Community Centre, Burns Road, Royston	1.00pm-3.30pm	Indoor bowls played in teams. Full instruction and help provided. For any age and ability. Teas provided.	Terry Mitchell 01763 848775 or 01763 262704					
Yoga for families	Coombes Community Centre, Burns Road, Royston	1.30pm-2.30pm (FREE)	Sessions for the whole family including children and older people of all abilities. Sponsored by 100 Days of Love Your Neighbour.	Lucy Small 07774 686833					
					Love to Dance	St Michael's Parish Hall, Broadway, Letchworth	10.00am-12 noon (£5.50)	An exciting programme of dance styles for all abilities.	Adan Freeman 01707 281201 or a.freeman2@herts.ac.uk
T'ai chi	Letchworth Centre for Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth	12.30pm-1.30pm (£5)	Ancient and gentle form of slow dance-like movement perfect for over 50's.	No booking required. For info 01462 678804	Love to Dance	Royston Town Hall, Melbourn Street, Royston	1.00pm-3.00pm (£5.50)	An exciting programme of dance styles for all abilities.	Adan Freeman 01707 281201 or a.freeman2@herts.ac.uk

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Monday 5th October					Tuesday 6th October				
Fella's fitness	Brotherhood Hall, Gernon Road, Letchworth	11.15am-12.15pm (£4)	Men only exercise group for 50+ of any ability.	Adan Freeman 01707 281201 or a.freeman2@herts.ac.uk	Yoga	Christchurch Hall, Bedford Road, Hitchin	2.00pm-3.00pm (£5)	Focus on exercise, breathing and meditation.	Adan Freeman 01707 281201 or a.freeman2@herts.ac.uk
Tuesday 6th October					Wednesday 7th October				
Chair based exercise, quiz and nutrition talk	Coombes Community Centre, Burns Road, Royston	1.30pm-2.30pm (FREE)	Simple exercises, food tasting and a fun quiz for anyone 50+. Suitable for all abilities including wheelchair users. Sponsored by 100 Days of Love Your Neighbour.	No need to book. For info 01763 248081 (mornings) or Susan at Age UK 07772 173682	Ageing Positively – Alexander technique	Letchworth Centre for Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth	11.00am-12 noon (FREE)	Alexander technique teaches us to sit, stand, lie and move in ways which minimise chronic muscular and spinal tension.	No booking required. For info 01462 678804
North Herts Health Walks	Three Horseshoes PH, Norton Road, Norton	10.30am (FREE)	Walk in groups, meet new people, strengthen your heart, muscles and bones. All ages and abilities. 60-90 minute walk.	Arrive ten minutes early to complete registration form.	North Herts Health Walks	St George's Church Hall, Common View, Letchworth	10.00am (FREE)	Walk in groups, meet new people, strengthen your heart, muscles and bones	Arrive ten minutes early to complete registration form.
North Herts Health Walks	Millstream PH, Cambridge Road, Hitchin	11.00am (FREE)	Walk in groups, meet new people, strengthen your heart, muscles and bones. All ages and abilities and wheelchair friendly. 20-30 minute walk.	Arrive ten minutes early to complete registration form.	Chair based exercises (falls prevention)	Weston Village Hall, Maiden Street, Weston	11.30am-12noon (£2)	Reduce the risk of falls and injuries. Improve strength, endurance, flexibility and co-ordination.	Amy Stevens on (01438) 841837

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Wednesday 7th October					Thursday 8th October				
Yoga	United Reformed Church, Whitehorse Street, Baldock	3.15pm-4.15pm (£5)	Focus on exercise breathing and meditation.	Adan Freeman 01707 281201 or a.freeman2@herts.ac.uk	Short Tennis	Coombes Community Centre, Burns Road, Royston	11.15am-12.15pm	Indoor badminton court size pitch with sponge ball. Normal tennis rules apply. Suitable for senior adults.	Freda Doughton (01763) 247630
Love To Dance	Bancroft Hall, Bancroft Gardens, Hitchin	10am-12 noon (£5.50)	An exciting programme of dance styles for all abilities.	Adan Freeman 01707 281201 or a.freeman2@herts.ac.uk	Table Tennis	Coombes Community Centre, Burns Road, Royston	7.30pm-10.30pm	Indoor – played on multiple tables with all abilities. Suitable for adults of all abilities.	Fred Bendall (01763) 230050
Moving Mindfully	The Letchworth Centre for Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth	2pm-3pm (£3.50)	Chair based, relaxing approach to enhancing mobility. Especially for limited mobility, injury or illness.	Adan Freeman 01707 281201 or a.freeman2@herts.ac.uk	North Herts Health Walks	Three Moorhens PH, Hitchin Hill, Hitchin (top car park)	11.00am FREE	Walk in groups, meet new people, strengthen your heart, muscles and bones. All ages and abilities. (45-60 min walk)	Arrive ten minutes early to fill out registration form
Pilates, Osteoporosis and Osteopenia	The Letchworth Centre for Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth	11.15am-12 noon (FREE)	Pilates, Osteoporosis and Osteopenia – how pilates may help your condition, free talk.	Jaqui (01462) 678804 or email Jaqui@lethworthcentre.org	Adult ballet	Hitchin College Dance Studio, Willian Road, Hitchin	7pm-7.45pm	Adult ballet is a fun way to improve muscle tone, flexibility, co-ordination and dance technique. Any age or ability welcome	Call 07905 352366 or email info@identitydance.co.uk

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Friday 9th October					Friday 9th October					
Egyptian Belly Dancing	Coombes Community Centre, Burns Road, Royston	6.30pm (£5)	Improves muscle tone and great fun. Works body with graceful dance form. Bare tummies not essential. Suitable for any age or ability.	Email louise@cambridgebellydance.co.uk	Multi-Activity 50+	Knebworth Village Hall, Park Lane, Knebworth	11.45am-1.15pm (£2.50)	Multi activity session with mobilisations, warm up, exercise circuits, multi sports and tea or coffee.	Contact Adan Freeman (01707) 281201 or a.freeman2@herts.ac.uk	
						Pilates	Peace Memorial Hall, High Street, Codicote	1.45pm-2.45pm (£5)	Focus on building core strength and improve posture through low impact stretching and conditioning. Suitable for all ages and abilities.	Contact Adan Freeman (01707) 281201 or a.freeman2@herts.ac.uk
North Herts Health Walks	Highlander PH, Upper Tilehouse Street, Hitchin	10.30am FREE	Walk in groups, meet new people, strengthen your heart, muscles and bones. All ages and abilities suitable. (60-90 min walk)	Arrive ten minutes early to fill out registration form						
Multi-Activity 50+	Village Hall, Chapel Road, Breachwood Green	10.00am-12 noon (£3)	Multi activity session with mobilisations, warm up, exercise circuits, multi sports and tea or coffee.	Contact Adan Freeman (01707) 281201 or a.freeman2@herts.ac.uk	Gentle/ Restorative Yoga	The Letchworth Centre For Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth	2-3pm (£3.50)	Gentler approach to yoga for anyone with restricted movement, recovering from illness or operations or want to try yoga with less intense stretch.	Jaqui (01462) 678804 or email Jaqui@letchworthcentre.org	

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Saturday 10th October

Ageing Positively - Alexander Technique	The Letchworth Centre For Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth	11.00am-12 noon (FREE)	Benefits back pain sufferers. Teaches us to sit, stand, lie and move in ways which minimise chronic muscular and spinal tension.	Jaqui (01462) 678804 or email Jaqui@lethworthcentre.org
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Sunday 11th October

Body Balance	Knights Templar Sports Centre, Weston Way, Baldock	8.30am-9.15am	Yoga based class that will improve mind and body.	01462 631300
Body Balance	North Herts Leisure Centre, Baldock Road, Letchworth	12.15pm-1.15pm	Yoga based class that will improve mind and body.	01462 679311



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